3. (Amended) At least one of a paper and a board according to Claims 1, wherein the composition of the inner coat is deposited in an amount of at least one gram per square meter (1 g/m^2).

4. (Amended) A process for the manufacture of a paper or of a board, intended to be printed by gravure or flexographic printing, which consists of the following steps:

- producing a fibrous medium from a paper suspension;
- depositing on the fibrous medium between one and five grams per square meter (1 and 5 g/m^2) of a composition based on specific pigment chosen from the group consisting of silica, precipitated calcium carbonate and calcined kaolin;
- drying the fibrous medium which has been deposited;
- coating the covered fibrous medium with at least one conventional surface coat intended to be printing by gravure or flexographic printing, the composition of which not containing silica,
- drying the paper or the board created by said drying and coating steps; and
- calendering the paper or board obtained.

5. (Amended) A process according to Claim 4, wherein the deposition of the composition based on specific pigments on the fibrous medium is carried out by coating.

6. (Amended) A process according to Claim 5, wherein the deposition of the composition based on specific pigments on the fibrous medium followed by the coating of the conventional coat are carried out using at least one of a coater, a size press, and a metering size press (MSP).

[Please add new Claims 7 and 8 as follows:]

--7. At least one of a paper and a board according to Claim 1, wherein the composition of the inner coat is deposited in an amount of between 1 and 3 g/m^2.